/101 cont./

317 438 439 [487] Among the economic determinants that make the mountain depend on the plain, let us mention in the very first place salt (2).

2. The salt route is as important for the montagnards as, on an entirely different scale, that of spices was for the medieval Occident: at bottom a question of cuisine!

[262] [263] In nourishment based on flat cakes and porridge, the importance of condiments is considerable. It is not exaggerating to see in this, much more than in the cereals, the most imperious servitude of the montagnard with regard to the outside. By food, in fact, the whole balance of family life is affected: potent motive, although originating from obscure causes toward which observation is too rarely inclined. The Seksawa mountain is destitute of salt. [443] Even today it is seen in huge /102/ whitish or pink piles at the souq /sook/ of Imintanout. It comes from the Idaw Isaren, in H'ăh'a, and from the far-away lagoons of the Inzzūyma, called by us "Lac Zima." Two qualities, one of which, very bitter to the taste, is naturally preferred by the montagnards for their animals and themselves. If therefore, classical method in the old Moroccan chronicles, the power of the plain blockades the Seksawa, or hems them in at the border markets, it is the salt route that it cuts for them, even more harshly than that of barley (1).

1. An example, dating from the beginning of the eighteenth century, in Justinard, La Rihla du Marabout de Tasaft /The Rihla of the Marabout of Tasaft/, 1940, pp. 37 sq.

243 In fact, the high valleys devote to cereal cultivation a portion that astonishes us, because it involves what would appear, in a strict economy, as a waste of land and water, and especially of labor. But they gain from it what we might call a flywheel /Fr. volant/ of security. Cereal cultivation with great expense, with great feelings: one will see all that such feelings can have to be